

## **PRE CONFERENCE WORKSHOP**

**TITLE:**

Cognitive-behavioural interventions in substance use disorders

**DATE & TIME:**

4<sup>th</sup> March 2017 from 10 am to 2 pm

**VENUE:**

AIIMS, New Delhi

**RESOURCE PERSON:**

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**WORKSHOP DESCRIPTION:**

Cognitive behavioural treatment focuses mainly on learning coping and problem solving strategies for understanding and disrupting patterns of substance use, dealing with beliefs related substance use, craving, resisting social pressures to use substance, and managing stressful situations. The cognitive skills required for successful behavior change include the ability to identify and self-monitor behavioural patterns, anticipate problem situations, develop and prepare plans for handling high risk situations, and remember both the plan and the need to take action in the future. Cognitive-Behavioural interventions typically target users' motivation, self-efficacy, skills, and social support. Two of the most common intervention paradigms that derive from these conceptual underpinnings are motivational interviewing and skills training. Motivational enhancement helps users to remain in treatment. Skill training is used with individuals who are actively working on cessation.

The core components of skills training include- identifying and coping with high-risk situations associated with substance use, modifying cognitive expectancies and attributions associated with substance use, teaching stress management skills, and modifying general lifestyle activities. The workshop will provide hands on training for conducting Psychosocial Interventions including Motivation Enhancement Therapy & Relapse Prevention in Substance Use Disorders. After attending 4 hours of training workshop participants will be able refine their skills in the field of Substance Use Disorder and can practice Motivation Enhancement and Relapse Prevention Therapy under supervision. The Workshop will be very useful for those (especially Counsellors/Psychologists/Social Workers) who are already working in the area of Substance Use Disorders.